

CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

MONDAY, NOVEMBER 20

GRILL	SWISS MUSHROOM BURGER WITH CHIPS @ \$2.75WITH FRIES	\$3.75
LOWFAT	CHICKEN SALAD WRAP	\$2.95
FEATURE	PORK CHOP WITH POTATOES, STUFFING, VEG. & ROLL	\$5.51
FEATURE	ENCHILADA CASSEROLE WITH VEG. & BREADSTICK	\$4.90


TUESDAY, NOVEMBER 21

GRILL	CHICKEN TOTILLA SOUP WITH CHIPS	\$3.50
LOWFAT	½ ROAST BEEF SANDWICH WITH SALAD	\$2.95
FEATURE	LASAGNA WITH SALAD & BREADSTICK	\$5.51
FEATURE	TATER TOT HOTDISH WITH VEG. AND ROLL	\$4.90
FEATURE	BAKED POTATO WITH BUTTERBLEND & SOUR CREAM (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$1.75

WEDNESDAY, NOVEMBER 22

GRILL	SOFT SHELL TACO WITH TOTILLA CHIPS N SAUCE	\$4.00
LOWFAT	CHEF SALAD	\$3.97
FEATURE	SWEET N SOUR PORK ON RICE , & BREADSTICK	\$5.51

THURSDAY, NOVEMBER 23

GRILL		HAPPY THANKSGIVING BE SAFE BE FULL !!!!!	
LOWFAT			
FEATURE			
FEATURE			
FEATURE			

FRIDAY, NOVEMBER 24

GRILL	BBQ GROUND BEEF SANDWICH WITH CHIPS \$2.75 WITH FRIES	\$3.75
LOWFAT	CRAB SALAD ON 7 GRAIN HEALTHY CHOICE BREAD	\$2.95
FEATURE	HAMBURGER CHOW MEIN HOTDISH WITH VEG. AND ROLL	\$4.90

DAILY SPECIALS

FRENCH FRIES ARE \$1.40 OR \$1.00 WITH A SANDWICH

*** GRILLED CHICKEN ***		\$2.95
HOT BEEF SANDWICH		\$4.90
ROAST BEEF DINNER		\$5.14
SALAD BAR		\$1.90
CHILI	CUP \$1.50 BOWL	\$2.50
SOUP	CUP \$1.45 BOWL	\$2.29

CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.

BREAKFAST: 7:00 - 10:30

LUNCH: 10:30 – 1:30